

# Get the Whole Family Moving!

**Physical activity is a fun and healthy way for families to spend time together.**

Doctors recommend that kids get 60 minutes of physical activity everyday.

- Plan fun activities for you and your family to do together.
- Limit television and video games to 1 hour a day.
- Stay active all day. Walk to school, church, store, or your city parks and recreation centers.



## Benefits of Exercise

Keep a healthy weight.

Gain strength, flexibility and improve overall health.

Kids focus better and get better grades.

Sleep better.

Builds confidence and self-esteem.



## Family Activities

Play with low cost toys: like balls, frisbees, and jump ropes.

Stay active all day: walk to school, take the stairs, bike to the park.

Get involved: enroll your child in local sports at school, church, or your city parks and recreation centers.

Make moving fun: try fitness videos, play games outside, play tag.

**Remember:** Be a role model. Exercising with your child helps create life-long healthy habits.